

EAT FRESH FRUITS

A close-up photograph of a woven basket filled with fresh fruit. The basket is overflowing with green and red grapes. To the right, a kiwi fruit and a peach are visible. The background is dark, making the vibrant colors of the fruit stand out.

We all think that eating means simply buying fruits, cutting it and just popping into our mouths

YOU WILL BE MUCH MORE BENEFITED
IF YOU KNOW HOW TO EAT?

CORRECT WAY OF EATING FRUITS

Fruits should be taken in empty stomach.....


not as a deserted meal as is often done.

If you eat fruit like that it will also serve a major role to detoxify your system, supplying with a great deal of energy for weight loss and other life activities

FRUITS IS THE MOST IMPORTANT FOOD

Lets say you eat two slices of bread and then a slice of fruit

As fruits digests faster than bread, the slice of fruits digest quickly and ready to go straight through the stomach into the intestines, but its passage is blocked by the bread which takes longer to digest....



..... In the mean time the whole meal ferments and turns to acid. Consequently when fruits, come into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil

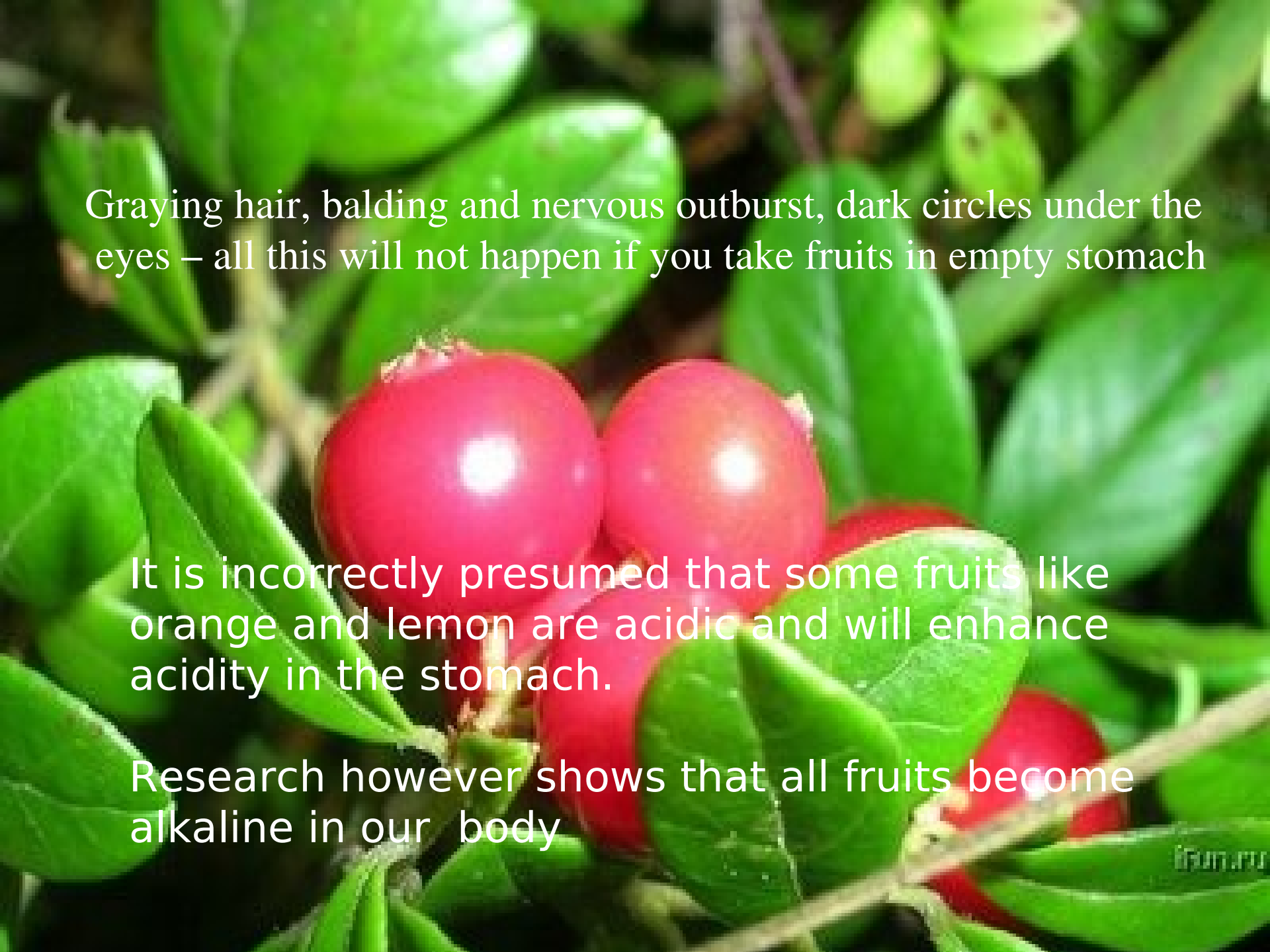
So it is better to eat fruits in empty stomach or before your meal!

You have heard people complaining -

- ☺ Every time I eat watermelon I burp,
- ☺ When I eat durians my stomach bloats up,
- ☺ When I eat banana I feel like running to toilet etc.

Actually this all will not arise if you eat the fruits in empty stomach.

The fruits mixes with the putrefying other food and produces gas and hence bloat!



Graying hair, balding and nervous outburst, dark circles under the eyes – all this will not happen if you take fruits in empty stomach

It is incorrectly presumed that some fruits like orange and lemon are acidic and will enhance acidity in the stomach.

Research however shows that all fruits become alkaline in our body



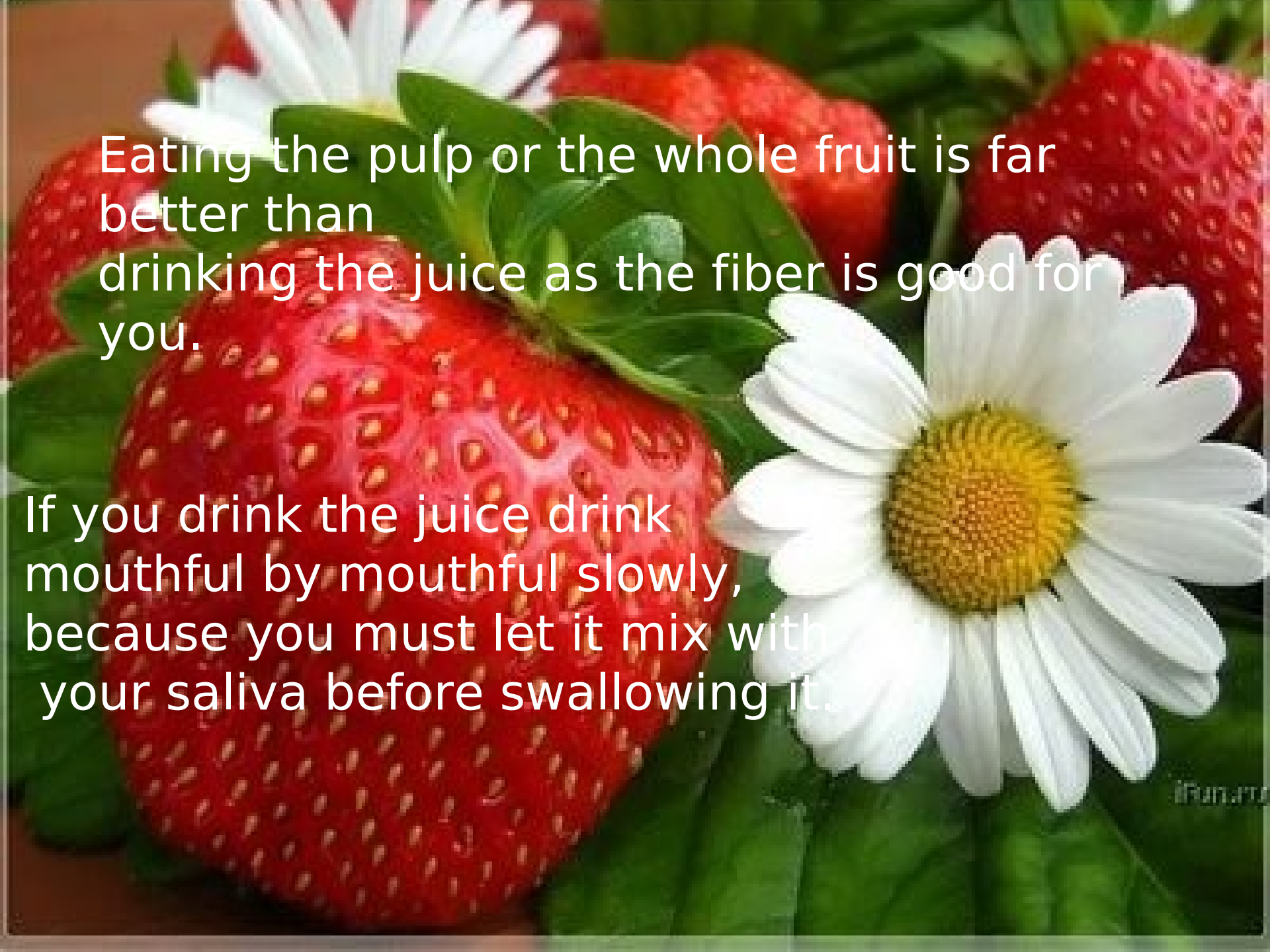
When you need to drink fruit juice, drink
only fresh fruit juice, **NOT** from the cans.

Don't drink juice that has been heated up.
Don't eat cooked fruits because you don't get
nutrient at all.

You only get to taste.

So stop making 'durian porridge'
if you want
nutrients.

Cooking fruits destroys all the vitamins.



Eating the pulp or the whole fruit is far better than drinking the juice as the fiber is good for you.

If you drink the juice drink mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it.




A 3-day “fruit fast” is a very simple and very effective way to cleanse and de-toxify your body.

Just eat fruits and drink fruits juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

During the “fruit fast” you can eat different fruits at different times, although occasionally mixed fruit salad would also be permissible and more interesting



If you have mastered the correct way of eating fruits, you have the secret of beauty, longevity, health, energy, happiness and normal weight.



Wishing you a
healthy life!!!!!!